

Meditation and Mental Health

Mind = an area of activity || The Human consists of Mind & Matter.

Matter and its Parental Origin || Incomplete in itself

Mind || its Genesis and its Trans-Samsaric Dimension

Dual Existence of Mind simultaneously in 2 Different planes

Mind Activity sustained through the Cognitive Processes

Consequences of the Cognitive Process || Social & Religious

Meditation

It is neither Concentration on or Focussing Attention on any Object or Area of Activity. Meditation as a Religious Practice should meaningfully refer to the Culture of the Human, both with regard to his Body and his Mind. Thus Buddhist Religious Culture is seen to begin with Discipline, the discipline of the Body leading to the discipline of the Mind. It begins by taking Command over the body's primary activity of Breathing or anapana. This process is referred to at times by medical men as Oxygenating.

Dhammavihari